

Cardiovascular Disease Mortality and Risk Factors

in the East Central District Health Department Region



East Central District Health Department

Counties: (Boone, Colfax, Nance, and Platte)

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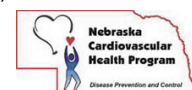
Although not statistically significant, the age-adjusted mortality rate for sudden cardiac death in the East Central District Health Department region is the second lowest (out of the 18 health departments presented in this report). Consistent with adults in many Nebraska health districts, males, compared to females in the East Central region are less likely to consume five or more servings of fruits and vegetables daily and more likely to smoke cigarettes. Furthermore, compared to adult females, adult males are more likely to be obese and less likely to have had a cholesterol screening in the past five years. Adults of the East Central region rank the lowest out of the 18 health department regions (at 22.2%) in having diagnosed high blood cholesterol (among those that have ever had it checked), which is significantly lower than the 28.9% for all Nebraska adults. Furthermore, the percentage of adults (aged 18-64 years) in the East Central region that report not having any health care coverage (8.7%) is significantly less than the statewide percentage (11.7%).

Regionally specific supplement to:

Cardiovascular Disease Mortality and Risk Factors by Nebraska's Local Public Health Department Regions. Lincoln, NE: Nebraska Health and Human Services System, Department of Health and Human Services, Offices of Disease Prevention and Health Promotion; 2005

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Full copy available for download at: <http://www.hhs.state.ne.us/cvh>

East Central District Health Department

Demographic Composition

Counties	Average age	Education	Race / Ethnicity		
Boone, Colfax, Nance and Platte	36.8 years	H.S Grad / GED or higher	81.9%	Number	Percentage
Total population	Median income	Baccalaureate / Graduate degree			
52,400	\$37,344	15.1%	White, non-Hispanic	46,878	89.5%
			Minority	5,522	10.5%

Source: 2000 Census

Mortality and Risk Factors

Mortality Due to Cardiovascular Disease Among Residents in East Central District Health Department by Gender, 1999-2003

Cause of Death %	Total			Male			Female			Relative Risk (M:F) ^d
	N ^a	AAR ^b	me ^c	N ^a	AAR ^b	me ^c	N ^a	AAR ^b	me ^c	
Total Cardiovascular Disease	971	281.2	17.7	431	334.9	31.6	540	237.0	20.0	1.41 ⁺
Heart Disease	640	187.0	14.5	291	225.5	25.9	349	152.3	16.0	1.48 ⁺
Sudden Cardiac Death	326	95.3	10.3	148	115.2	18.6	178	76.1	11.2	1.51 ⁺
Stroke	197	56.2	7.8	81	63.3	13.8	116	52.1	9.5	1.21

Source: Nebraska Vital Records

⁺ The age-adjusted rate for males is significantly higher than the rate for females (p < 0.05)

Risk Factors for Cardiovascular Disease Among Adults in East Central District Health Department by Gender, 1995-2003

CVD Risk Factors	Total			Male			Female			Relative Risk (M:F) ^d
	n ^e	W% ^f	me ^c	n ^e	W% ^f	me ^c	n ^e	W% ^f	me ^c	
¹ Current Cholesterol Screening	492	61.9	5.1	198	56.8	8.1	294	66.7	6.3	0.85 ⁻
² Diagnosed Diabetes	896	4.8	1.6	343	4.7	2.5	553	4.9	1.9	0.97
³ 5-a-day Consumption	552	20.8	3.8	210	14.1	5.2	342	26.2	5.3	0.54 ⁻
⁴ Diagnosed High Blood Cholesterol	371	22.2 ^{**}	4.8	140	23.6	7.9	231	21.1 ^{**}	5.8	1.11
⁵ Diagnosed High Blood Pressure	505	24.0	4.3	200	26.2	7.1	305	22.0	5.0	1.19
⁶ No Health Care Coverage, 18-64	657	8.7 ^{**}	2.4	261	9.0	3.7	396	8.4	3.0	1.08
⁷ Obese	848	21.7	3.4	337	25.3	5.8	511	18.4	3.7	1.37 ⁺
⁸ No Leisure Time Physical Activity	756	25.4	3.6	282	26.5	5.7	474	24.6	4.5	1.08
⁹ Current Cigarette Smoking	896	19.2	3.0	344	22.9	5.0	552	15.9 ^{**}	3.5	1.44 ⁺

Source: Nebraska Behavioral Risk Factor Surveillance System

^{**} The percentage is significantly higher (p < 0.05) than all other Nebraska HDs

⁺ The lower bound of the 95% confidence interval for the risk ratio is greater than 1.0

^{**} The percentage is significantly lower (p < 0.05) than all other Nebraska HDs

⁻ The upper bound of the 95% confidence interval for the risk ratio is less than 1.0

% Specific ICD-10 Cause of Death Codes may be found in the Methodology Section of this Report

^a Documented number of deaths from each cause between 1999 and 2003

^b Average annual age-adjusted rate per 100,000 population (2000 U.S. standard population)

^c Margin of error (me) at 95% confidence, interpreted as plus/minus the relevant age-adjusted rate or weighted percentage

^d Relative Risk is the male to female rate ratio (for mortality) and percentage ratio (for risk factors)

^e Non-weighted sample size for each risk factor

^f Percentage weighted by gender and age to reflect Nebraska's population (using CDC's BRFSS weighting methodology)

¹ Percentage of adults reporting that they had their cholesterol checked within the 5 years preceding the survey

² Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that they have diabetes (excluding gestational diabetes)

³ Percentage of adults reporting that they consume 5 or more daily servings of fruits and vegetables

⁴ Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that their blood cholesterol is high, among those that have ever had it checked

⁵ Percentage of adults reporting that they have ever been told by a doctor, nurse, or other health professional that their blood pressure is high

⁶ Percentage of adults, 18-64, reporting that they do not have any kind of health care coverage, including health insurance, prepaid plans such as HMO, or governmental plans

⁷ Percentage of adults body mass index value of 30 or greater (based on self-reported height and weight)

⁸ Percentage of adults reporting that, other than their regular job, they did not participate in any physical activities or exercises during the 30 days preceding the survey

⁹ Percentage of adults that have smoked at least 100 cigarettes during their lifetime and currently smoke cigarettes every day or on some days